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Exam 2: NUR256/ NUR 256 (New 2023/ 2024 Update) Concepts of Mental Health Nursing Exam Review| Questions and Verified Answers| 100% Correct| Grade A- Galen

QUESTION

Internal restlessness, jitteriness, need to move extremities

Answer:

Akathesia
EPS SX caused from 1st gen antipsychotics

QUESTION

When to monitor for anti-cholinergic S/E

Answer:

2nd gen anti-psychotics
(some antidepressants)

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QUESTION

What disorder can cause OCD and how do you educate the pt on managing it

Answer:

Anxiety
Educate pt on activities that may reduce excess energy

QUESTION

Dopamine receptor blocked causing a syndrome involving muscle rigidity, fever, and elevated WBCs from 1st gen anti-psychotics

Answer:

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Neuropletic Malignant Syndrome (NMS)

QUESTION
Nurse mirrors patient's overt and covert message with use of patient's key words

Answer:
Restating

QUESTION
Mood lasting 2 weeks accompanied with s/x of hopelessness, weight loss, and difficulty concentrating

Answer:
Depression

QUESTION
Prozac?

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Answer:
SSRI antidepressant

QUESTION
Severe condition resulting from food/drug-drug interactions while taking MAOIs

Answer:
Hypertensive Crisis
(avoid SSRIs & tyramine)

QUESTION
Irreversible muscle spasms caused from EPS due to 1st generation anti-psychotics

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Answer:
Tardive Dyskinesia

QUESTION
Priority in restraints

Answer:
Safety: round q15min
Nutrition: offer food, fluid, rr q1hr

QUESTION
Auditory hallucinations =

Answer:
Positive symptom

QUESTION
Time frame of the social readjustment rating scale and what it looks for

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Answer:
Measures level of positve and negative stressful life events over a 1 year period

QUESTION
Four discrete personal attributes(coping styles) people can develop to help manage stress

Answer:
Health sustaining habits(medical compliance, proper diet, relaxation, pacing ones energy), life satisfactions(work, family, hobbies, humor, spiritual solace, arts, nature), social supports, effective and healthy responses to stress

QUESTION
Relaxation techniques to manage stress

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